

(Please fill in the information requested below and email this entire document to:  
[coachpatrick@pipelineswimming.com](mailto:coachpatrick@pipelineswimming.com) )

Amendment 1 – May 1, 2017 NO DRAMA POLICY!!!!

Prior to joining PIPELINE SWIM TEAM everyone has talked with the coaching staff and PIPELINE CEO regarding team policies. These policies are designed to keep our team moving forward in the positive direction. PIPELINE is building more than great swimmers -- we are building a great team, teammates and leaders. Our NO DRAMA POLICY is key to our teams' success. With that said, we are providing this to you in duplicate form. One copy is for you and one is for team records. All of your parents got a copy of the paperwork when they signed you up for PIPELINE, but most did not keep it.

The NO DRAMA document is for you to read, sign and keep one copy for yourself. The rules for PIPELINE are NOT optional. Any violations to these rules will result in a series of consequences that ultimately lead to removal from the team.

1. Be positive at all times. Being positive is a choice... Not everyone has a best day every day although you all can be positive to each other.
2. No prima donnas allowed. There is no "I" in TEAM. It is not all about you – you are just *part* of what makes up our awesome PIPELINE team!
3. NO Phones – during practice, during drylands and during meets (get up and cheer!)
4. BBB – NO baiting, badgering or bullying another teammate. This includes negative talk or posting negatives things or pictures about a teammate or coach in any format, including but not limited to the following : **Don't whine online!**

Facebook      Twitter      SnapChat      Instagram      Flickr      LinkedIN  
Tumblr      YouTube      Vine      Vimeo      Email or Text

5. Be polite – Use your manners "Please and Thank You," etc.
6. Be Respectful – Respect each other, our training facilities and any guests that may be with our team for practices. This includes the following
  - a. Clean up the deck after each practice, your own training equipment and any other items --
    - i. Water bottles      Caps & Goggles      Shoes & Clothes
    - ii. Put equipment and bags in the proper location
    - iii. Put block covers / cones back on blocks      Push all chairs back in
    - iv. Remain in and change in Swim team area ONLY (no club or rec center locker rooms)

SOCIAL MEDIA is here to stay. It can be used for good, or evil. Use it only to boost up our team or a teammate!

Each National Riptide will be invited to join our Nat'l **WHATS APP** for communication and open forum for all to read.

*"Positive thinking will let you do everything better than negative thinking will."* - Zig Ziglar

I have read and understand the above: \_\_\_\_\_ Date: \_\_\_\_\_

Swimmer Name: \_\_\_\_\_ Email: \_\_\_\_\_ Cell \_\_\_\_\_